

# Holy Guardian Angel Regional School

March 2019  
Lunch Menu

**NUTRITION NEWS: Celebrate National Nutrition Month®** and "Go Further with Food!" The foods we choose can make a real difference in how we think, learn, and play! Here are some tips to "Go Further with Food" this month:

- Make an effort to include a variety of healthy and colorful foods from all the food groups daily!
- Be sure to consume the appropriate portion size. Don't forget to use MyPlate as a guide for choosing the best foods to fuel your body!
- Think outside the box. Discover activities that you look forward to and make yourself a goal to be physically active every day.

Student Lunch	\$3.25
Entrée	\$2.50
Milk	\$0.50
Iced Tea	\$0.50
Fresh Fruit	\$0.50
Baked Chips	\$0.75
Ice Cream	\$0.75/\$1.25
Hot Pretzel	\$0.75
Baked Cookie	\$0.50
Spring Water	\$0.50/\$1.00
Juice Pack 100%	\$0.75
Flavored Water	\$1.00

## Beverage Choice:

Your Meal Comes with  
the Choice of:  
Flavored/Unflavored  
Low Fat Milk,  
Iced Tea, or Water

## Maschio's Swap Outs

**Monday:** Turkey, Bacon, Cheese on Club Roll

**Tuesday:** Egg Salad Sandwich

**Wednesday:** Bagel Bag

**Thursday:** Italian Sub

**Friday:** Tuna Salad Sandwich

Maschio's Swap Outs Available Daily

Peanut Butter & Jelly Sandwich

Hot Dog on a Bun

Garden Salad w/ Cheese & Dinner Roll

Monday	Tuesday	Wednesday	Thursday	Friday
	<i>Happy Spring!</i> 			<b>1</b> Breakfast For Lunch <b>Pancakes</b> Breakfast Sausage Breakfast Potato Fresh or Chilled Fruit
<b>4</b> <b>Popcorn Chicken</b> Mashed Potatoes Golden Corn Fresh or Chilled Fruit	<b>5</b> <b>Nacho Platter with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato &amp; Salsa</b> Rice Steamed Corn	<b>6</b> <b>Ash Wednesday</b> <b>Grilled Cheese Sandwich</b> Tomato Soups Fresh or Chilled Fruit	<b>7</b> <b>Meaty Chili</b> Biscuit Rice Fresh or Chilled Fruit	<b>8</b> <b>Margherita's Pizza</b> Fresh Prepared Tossed Salad Fresh or Chilled Fruit
<b>11</b> <b>Cheeseburger on a Bun</b> Crispy French Fries Fresh or Chilled Fruit	<b>12</b> <b>Breakfast Croissant Sandwich</b> Sausage, Egg, and Cheese Hash Brown Rounds Fresh or Chilled Fruit	<b>13</b> <b>Homemade Mac and Cheese</b> Broccoli Fresh or Chilled Fruit	<b>14</b> <b>Hot Dog on a Bun</b> Emoji Fries Fresh or Chilled Fruit	<b>15</b> <b>Margherita's Pizza</b> Freshly Prepared Garden Salad Fresh or Chilled Fruit
<b>18</b> <b>Popcorn Chicken</b> Bowtie Pasta Broccoli Fresh or Chilled Fruit	<b>19</b> <b>Cheesesteak Sandwich</b> French Fries Steamed Corn	<b>20</b> <b>Pancakes</b> Breakfast Sausage Hash Brown Fresh or Chilled Fruit	<b>21</b> <b>Baked Pierogies</b> Steamed Broccoli Dinner Roll Steamed Corn	<b>22</b> <b>Grilled Cheese Sandwich</b> Tomato Soup Fresh or Chilled Fruit
<b>25</b> <b>Ham Dinner</b> Mashed Potatoes Green Beans Fresh or Chilled Fruit	<b>26</b> <b>Hamburger on a Bun</b> French Fries Fresh or Chilled Fruit	<b>27</b> <b>Scoop a Bowl with Taco Meat, Shredded Cheddar Cheese, Lettuce, Tomato &amp; Salsa</b> Rice Steamed Corn	<b>28</b> <b>Pasta with Meatsauce</b> Garlic Bread Tossed Salad Fresh or Chilled Fruit	<b>29</b> <b>Margherita's Pizza</b> Freshly Prepared Veggie Dippers  <b>MENU SUBJECT TO CHANGE</b>
<p><b>Questions or Concerns? Please Visit</b> <b>www.MaschioFood.com</b> <b>Or Call Maschio's Food Services at: 610-929-4124</b></p>				
<p>Lunch Tickets are available in the cafeteria: 20 meals: \$65.00</p>				
<p><b>Connect with us!</b>   </p>				
			 <p>"This institution is an equal opportunity provider"</p>	